



Summertime Pork Tenderloin

Serves: 2-4

"Grilled pork tenderloin is an absolute winner for a summer meal! It's all about that juicy, tender meat with a smoky, charred flavor that screams summertime. Whether you're hosting a backyard barbecue or enjoying a picnic in the park, grilled pork tenderloin is a crowd-pleaser. You can season it with your favorite herbs and spices or marinate it for extra flavor. Pair it with some grilled veggies or a fresh summer salad, and you've got yourself a delicious and satisfying meal. It's the perfect way to embrace the flavors of summer!" - Chef Luke



Tools: Instant read thermometer

Ingredients:

1 1/2 – 2 pounds of pork tenderloin
1 1/2 T. lemon juice
2 t. garlic, minced
1 t. Italian seasoning*
1/4 cup olive oil

1/2 t. salt
1/8 t. black pepper, cracked
2 t. Dijon mustard (Stoneground is my favorite)
2 t. honey

Directions:

STEP 1 - Marinate

- 1.) Carefully remove and dispose of any layers of silver skin found on your tenderloin.
- 2.) Stir together lemon juice, garlic, Italian seasoning, oil, salt, pepper, Dijon mustard, and honey.
- 3.) Place approximately half of the marinade in a gallon-size Ziploc bag. Add the tenderloins, seal, and place in refrigerator to chill for 30 minutes to an hour.

STEP 2

- 1.) Oil the grates and pre-heat grill to medium or approximately 360° F.
- 2.) Remove the tenderloins from the marinade and place on the grill. Cook for approximately 10-20 minutes. (We cook to temperature not time! 145° F. is the perfect temperature) Turn the tenderloin every few minutes to assure that every side receives direct heat. Brush on the reserved marinade, as the tenderloin gets charred.
- 3.) Once your meat thermometer reads 140-145° F. remove your tenderloins from the grill. Place on a cutting board and rest tented for 10-15 minutes. Slice against the grain and ENJOY!

Chef Tips:

Make Your Own Italian Seasoning

Mix the following together:

1 T. dried thyme
1 T. dried rosemary
1 T. dried marjoram
1 T. dried basil
1 T. dried parsley
2 T. dried oregano

Save the left overs for the next time you wish to make this recipe!

Easy Summer Herb Sauce:

Top your cut tenderloin with this fresh sauce to elevate it further! Simply mix together:

1/4 cup olive oil
1/4 cup cilantro
1/4 cup parsley
2 T. white wine vinegar
2 t. garlic, minced
1/2 t. Kosher salt
1/4 t. fresh pepper
Pinch of red pepper flakes

in partnership with

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